

## Find Calm with Omada

Discover how simple breathing techniques can help you reduce stress and feel your best. While stress is a natural part of life, learning to manage it can significantly improve your overall well-being. Incorporating deep breathing into your daily routine may help lower your heart rate, sharpen focus, and build resilience.

Try these five simple steps for deep breathing:

1. **Relax your body**—Find a comfortable place to sit or lie down.
2. **Inhale slowly**— Close your eyes and breathe in through your nose, allowing your belly to expand.
3. **Pause**—Hold your breath for a few seconds at the top of the inhale.
4. **Exhale slowly**— Gently release your breath through your mouth, feeling your body relax.
5. **Refocus**—If your mind wanders, gently bring your attention back to your breath.

With Omada, you can get support to breathe easier—both mentally and physically—through personalized care that fits your lifestyle. As part of your Cigna or Kaiser Permanente medical plan, Omada is available at no cost to eligible employees and includes a—

- dedicated care team, including a health coach,
- personalized care plan tailored to your needs, and
- welcome kit with smart devices to help track your progress.

If you or a covered family member are at risk for type 2 diabetes or heart disease and are accepted into the program, your medical plan will cover the cost.

Take the next step. Claim your benefit today by visiting the [Omada website](#).